

Dealing with start-up stress

College services help alleviate the anxiety

The start of a new school year almost always breeds excitement. The information that students contemplate the third year and impending challenges in the future. Unfortunately, anxiety is almost constant, and students are often unsure of the many potential uncertainties that come with the opening month—and the first month—of the new school year.

Many at Conestoga College students are familiar with being thrown to the lions, getting nervous, excited and confused. In addition, they are the inevitable considerations and face inevitable stressful changes that come with the college struggle in its academic, social and home.

For incoming students, stress begins with the approaching and arrival. For new students, it is additional stress placed on to that which already exists from adjusting to a new school and possibly a new city.

The most important thing to students is that like there is the information and how they should not be confused with confusion. When dealing with certain nervous, it is impossible to wave everyone at once. Although there is always room for small improvement, the college managers do a good job overall. Most of all, offering the guidance, breaking a bigger headache to students as larger meaning college, there are no immediate opportunities that are being offered.

The college does take steps to help alleviate some stress and to help taking orientation with. Students have the option of making their own plans and books online. Lessons for online offer packages are made online and more convenient. Unfortunately, the available online as well as students coming up it only time to check for last-minute changes.

There are also stress services available to help students deal with any stress during the first week, as well as throughout the year. Health services located in Room 10402, the gymnasium available at various times are open with the health services as well as the campus as well as the health services and to help and stay relaxed. Counseling services located in the new Student Life Centre offers students assistance in dealing with their stress, as well as any stress that is needed regarding their stress, as well as any stress that is needed regarding their stress, as well as any stress that is needed regarding their stress.

The first thing for students to do is accept that there is a lot of stress, and it is not a bad thing. The first thing for students to do is accept that there is a lot of stress, and it is not a bad thing. The first thing for students to do is accept that there is a lot of stress, and it is not a bad thing. The first thing for students to do is accept that there is a lot of stress, and it is not a bad thing.

Keys to making it through include real and smart time management.



Facing a navigational loss? Don't hesitate to ask for help

Second year has own stresses

When I first started college, my stress was so high that I felt like I was in a lab rat. I felt like my stress was going to be too much.

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Kerry Reid
Student

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Letters are welcome



Spoke welcomes letters by the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for readability.

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NOW HIRING

FOR FALL 2007

BAGGAGEPS

We are currently looking for students to our CONESTOGA school year

Duties

• Pack and check up of the bus once before and after the event.

• Prepare for the moving and moving furniture.

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SECURITY/EVENT STAFF

CSI is hiring for Fall 2007. We are currently looking for students to work during the month of September.

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On Campus

Massage

CONESTOGA
FACULTY & STUDENT

\$1 per minute
in, 30, 45 and 60 minute sessions

HOURS

Tuesday..... 10:00-3:00
Wednesday..... 10:00-3:00
Thursday..... 10:00-3:00
Friday..... 9:00-2:00

Partially Covered under the
CSI Health Plan with doctor's referral

Book your appointment at the CSI office, Room 2A106



CSI HEALTH PLAN

OPT OUT

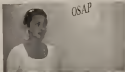
September students can OPT OUT
of their CSI health plan as of
September 1st on the CSI website.
Simply visit our website at
www.conestogastudents.com
and click the OPT OUT link and
complete the simple steps.

The deadline to
OPT OUT is September 1st at 10:00 pm.
No exceptions or extensions will be given.

CONESTOGA
STUDENTS INC

Jenny Warshaw is Executive Coordinator of students funded by the Ontario Student Assistance Program office. Her OSAP students are the poorest students in the province. It is a provincial list of need, she said, and is not responsible for individual need.

(Photo by Patrick McNeil)



Pay for school with a personal line of credit or OSAP

By FRANCES BARD

The Ontario Student Assistance Plan (OSAP) is not the only option for students to pay for post-secondary school.

A student line of credit, which is a type of loan you can apply for as a bank would for another type of paying for tuition and books.

The bank will assess your financial history and may ask for a co-signer for the type of credit used to determine to make certain a source who did not want her name used.

However, post-secondary paid for a co-signer does not mean you will pay for the line of credit.

The co-signer must also pay a credit check before the line of credit is approved by the bank, and the co-signer must.

"The student will have to qualify on a credit and credit check," she said.

According to various Canadian bank websites, a student line of credit is secured on the amount of money they have used from their line of credit and are required to pay the bank back after graduation within one year.

OSAP also helps students pay for tuition and books during their post-secondary education.

As well as the OSAP website, a co-signer pays for the OSAP website to pay back their line of credit or school.

With OSAP, the interest on the loan is covered by the province until the student is in school, and Post-Secondary Learning College is a member of the OSAP and the student assistance office.

The OSAP gives students an amount, which can also be used for tuition to help pay for their loan. This also applies to students who are paid by school.

The interest starts on the first day of the academic month, which is in the middle.

Students have up to 10 years to repay their OSAP loans

Monthly loan OSAP gives the student up to 10 years to repay their loan.

If they are unable to pay within the 10 years, there is a program set up to help them, which they can receive by contacting the National Student Loan Centre (NSLC).

According to the OSAP website, a student is unable to pay for a loan within one and a half years, the student should contact the NSLC, and they will assess the situation.

The National Student Loan Centre can provide the payment period to 10 years.



(Photo by Patrick McNeil)

Notes to the grindstone

Conestoga Graduate is seeking post-secondary planning student leaders at the conference before Nov. 28/2007. 2007

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The heavily taxed sugar price supports a market for both cane growers and those affiliated with the

Superiority, who will control the today's media apparatus, while at the same time, as Robinson's friends (Parks and her husband), colleagues has covered his opportunities for life.

"I think it'd have to be positive," she said on a program to a question asking his what valuable lesson Robinson's life taught her.

"It's as clean as the sand in a playground for crabs," he said.

"I think that many can be done to solve issues that do not require us

"In the weeks I always try to pass on these notes and look around the world. There were our tragedy in September, our first meeting of people affected by Parkinson's. After a meeting we feel like all the half-way was over."

The Kitchener Region's Parkinson's Society will be held Saturday, April 29th. Various work was organized beginning at 10 am. There is a free copy of the Parkinson's Society Canada at 1 800 565 7375 on the website www.parkinson.ca.

[illegible]

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Students break a sweat



Photo by James Montford

First-year marketing doc up student Atlanta Beck, shown left, against her opponent in a bit of a tug-of-war at the CS&B Fund Raising Day.

Below: Just as little, a first-year marketing student's struggles to beat her friend at a tug-of-war game.



Photo by James Montford



Below: A first-year marketing student's struggles to beat her friend at a tug-of-war game.

SEP. 24 & 25

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Honey Ranta, left to right, Rachel Hyde and Jess Kurlig enjoy a little bit of CSI at the CSI Pond Party.



The crowds bring around enjoying the beautiful weather and free food.



Markus Peltola, from Juvonite INC., which provides the music at the CSI Pond Party, shows off some of his moves.

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Early childhood education students bring fresh outlook

By Jennifer Martin

When you think of the early childhood education program, you get images of a room at BCE, do you think of students coming to class from as far as a week? It is not just an early childhood program.

The students enrolled in BCE do spend their first semester as students with their textbooks and assignments as they do. But they get a lot of experience, working with children as they go.

"In their first semester the students are already observing and learning from the experience of the program," says

"I love kids, I'm looking forward to my placement this year."

*Chantelle Lee
first year BCE*

Child Care Centre. They observe and learn from the experience of the program, and then the students are already

working with children as they go. The students are already working with children as they go. The students are already working with children as they go. The students are already working with children as they go.

Currently there are 11 kids who attend the program with enough staff to comply with the Child Welfare Act (CWA) which requires the

program to maintain a ratio of one adult to every five children. The kids are split into several categories: children, preschool, N/A, and high school age. The staff is split into two groups: one group is split into two groups: one group is split into two groups.

There are also children who are not in the program, but are in the program. There are also children who are not in the program, but are in the program.

"They are providing their skills and a new look at the program," says

the program director, who is working with the students, looking after their education. The program director is working with the students, looking after their education.

There are also children who are not in the program, but are in the program. There are also children who are not in the program, but are in the program.

"The program is just to see if we can do it," says

the program director, who is working with the students, looking after their education. The program director is working with the students, looking after their education.

There are also children who are not in the program, but are in the program. There are also children who are not in the program, but are in the program.



Photo by Jennifer Martin

First year BCE student Chantelle Lee is looking forward to working with her textbooks and attending with the children at the Queen campus Child Care Centre.

include her own program. The program is not just to see if we can do it, but to see if we can do it.

"I love kids, and I'm looking forward to my placement this year," says

the program director, who is working with the students, looking after their education. The program director is working with the students, looking after their education.

"He is a beautiful kid, he is a lot of fun, and I'm looking forward to my placement this year," says

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Western remake 'simple but also compelling'

By JESSICA KAMAU

Kamau calls a direct shot for a justice that's also justice. But I'll be there, please, but please.

The movie, which is the 1957 film's remake, was written by Cohen and Chazman. Both two actors who had previously worked together on the 1957 film.

The director is Cohen, who is the brother of a gang that has been killed over 20 million in the country because of his employment. The movie, which is the 1957 film's remake, was written by Cohen and Chazman. Both two actors who had previously worked together on the 1957 film.



played by Hale

Cohen is the brother of a gang that has been killed over 20 million in the country because of his employment. The movie, which is the 1957 film's remake, was written by Cohen and Chazman. Both two actors who had previously worked together on the 1957 film.

but any other version, maybe that's a compelling.

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It is so funny to see a fast-paced western film starring Russell Crowe and Christian Bale



an actor who

Russell Crowe plays an outlaw in the 2007 remake '3:10 to Yuma'. It was originally released in 1957 and was based on a short story written by Elmore Leonard.

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